



KNOWLEDGE BASED AWARENESS AND TRENDS OF BREAST FEEDING IN THE LIGHT OF HOLY QURAN

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ABSTRACT

This is a survey-based Article conducted from Sukkur and Khairpur Districts of Sindh, Pakistan with the help of girls/females belongs to the concerned cities as well as our self. For this survey a questionnaire prepared and asked the questions from the females having the childs below than 3 years of age. The main objective of survey is to know knowledge, Awareness, Trends of mothers giving breast milk to their children in the light of Holy Quran. In this connection interviewed females according to questionnaire to ascertain their infant feeding and some other information were collected from the mothers like age at marriage, Age at first birth of child, literacy of Holy Quran, literacy other than Holly Quran, period of mother feeding, average number of childrens up to childbearing age, distribution of mother by birth urban and rural areas.

1. INTRODUCTION

Breastfeeding is the perfect and most common method for supporting newborn children. The significance of breastfeeding has been demonstrated unequivocally, and the Assembled Countries Kids' Store (UNICEF) and World Wellbeing Association (WHO) have issued rules to guarantee breastfeeding. Over 14 centuries is that in Islamic lessons with the most thorough, most lovely and most great inspiration, is brought imperative focuses up in the type of guidance and instruction about breastfeeding. Incorporated into Islam prescribed each mother to breastfeed her kids up to the age of two years if the lactation time frame was to be finished. Mindful of these proposals and the use of them, will prompt the most proficient and successful motivations to advance bosom encouraging, (11).

In the heavenly Quran Stanza 233/Sura Al-Baqara "Allah" stated:

"The moms will offer suck to their posterity for two entire years for him who wants to finish the term. Be that as it may, he will bear the expense of their nourishment and attire on impartial terms." (1)

Breastfeeding is a characteristic motivation of all moms as it enables them to express their affection, delicacy and security of their kids. It is crucial for a youngster's survival, maternal wellbeing, and kid spacing, (2) Islam perceives and features this reality as the above section of the heavenly Quran trained over fourteen centuries prior that moms bosom feed their kids for two years.1 For the initial four to a half year of life, select breastfeeding can give every one of the supplements and water that an infant needs, (3) The World Wellbeing Association (WHO) and UNICEF have suggested that every one of the moms (i.e. 100%) should bosom feed their infants only for four to a half year and keep breastfeeding, enhanced

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by other proper sustenances, up to the second year of life or later, (2– 4).

All around archived proof is expanding on advantageous impacts of bosom drain and breastfeeding.⁵ It gives the perfect nourishment to the solid development and advancement of newborn children as far as sustenance, immunological security, monetary, mental, biochemical, hostile to hypersensitive, and mitigating benefits notwithstanding the advantage of tyke separating because of lactation amenorrhea, (2– 07) In spite of these extensive focal points the rate of breastfeeding has declined worldwide, (6,08,09). The quantity of moms who bosom feed their infants has been falling consistently over the most recent three decades both in the created and creating countries, (10).

2. MATERIALS AND METHODS

This study is done in two Districts of Sindh, Pakistan i.e Sukkur and Khairpur. In this connection forms of questionnaire were distributed to females having the children less than 3 years old and forms returned.

A great care taken during fillings forms and compilation of results. The questions were in Urdu & English.

Mothers were given a detailed printed questionnaire through by researcher's females and our-self. Questions were concerned personal information of mothers ie feeding Knowledge and awareness of Holy Quran, literacy position of Holy Quran and other variables also included in study a age at marriage, age at first child.

Literacy other than Holy Quran, Place of birth in rural or urban, number of children up to childbearing age.

Data analysis was performed personally with great care. Frequencies and percentage were computed to present all categorical variable.

3. RESULTS

To achieve the goal of results 120 forms distributed to the mothers who having the children below than 3 years and interviewed. But returned only 84 forms and remaining 36 forms not returned/Non-response.

From 84 forms we have prepared results.

From 84 forms were collected and following observations were made. In table No. 1 asked age at

marriage. In this able age of marriage found 16 years to 25 years of age in majority which stands of 94.05 percent of total married women. While from 26 years age to 44 years of age females are married contain 5.95 percent. In same table another question was age of women at first child. We found that women giving the birth in age 16 years to 25 years of age. Which stands 92.86 of total birth. This shows that after 25 years birth rate is too less as compared to the below 26 years of age.

Table No. 2 Shows the result of age group of women with mean number of children ever born. It is found that from age 18 to above years of age more than 46 years having the children 260 of 84 females and mean average 3.2 children per female.

Table No. 3 is concerned to know the knowledge and Awareness of mother giving breast feeding to their children in the light of Holy Quran. It is found that 89.29 percent women having the knowledge and Awareness that Allah Pak told the mothers to give breast milk to their children. But 10.72 percent having no knowledge and Awareness of Allah Pak's orders in Holy Quran.

Table No. 4 shows the results of asked the question about the literacy of Holy Quran. In this connection. It is found that 82.14 percent women found literate Holy Quran and 17.86 percent women are illiterate Holy Quran.

Table No. 5, shows the trends of mothers who are giving breast feeding to their children according to period. It is found that 61.90 percent women are giving two years mother feeding to their children and remaining 35.71 percent giving only one year mother feeding and 2.38 percent giving only six months mother feeding to their children.

Table No. 6 is concerned to know the literacy of mothers other than Holy Quran. It is found that 65.48 percent women are literate other than Holy Quran, and 34.52 percent are illiterate. This shows that more than 65 percent are literate, and majority of mothers are literate.

Table No. 7 shows the distribution of mothers according to Rural and Urban wise by birth. It is found that 51.19 percent mothers belong to by birth rural and 48.81 percent mothers belongs to urban by birth.

Table No.8 is concerned the population of Pakistan rapidly increase. In 1950 the population of Pakistan was 37 million people was on the 13th most

populeous country in the world but now Pakistan in on the sixth most populeous country in the world. This means the population of Pakistan is continuously increasing.

4. DISCUSSION

In this study we sought to establish the age between 18 to 30 years to marriage below 16 years age for marriage is dangerous for child as well as for mother. To motivate the mothers to give mothers feeding up to 2 years of age which is best for child's health and also for mothers.

To provide basic facilities to the children for basic education at least matriculate because mother is first school of child. If the mother is literate than child will be literate otherwise illiterate.

Mothers who not giving mother are feeding to their children they become under the diseases of breast cancer and engorgement of breast and also effects the child growth and body growth. They become mental weak, under the attack of diara and mortality rate is also increase.

he women of USA, UK, France and Japan are reluct to suck their babies their own milk but it is reported that such women of these countries have become under dieases

5. CONCLUSION

Overall, it could be concluded that mothers who are not giving feeding to their children have great chance to expose towards breast cancer and engorgement of breast and effects the child growth and body growth. They become mental weak, under the attack of Diara and mortality rate is also increase. Holy Quran strongly recommended that mother must adopt their breast feeding in order to award this problem.

6. ACKNOWLEDGEMENTS

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7. CONFLICT OF INTEREST

All authors have declared that there is no conflict of interests regarding the publication of this article.

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Table No – 1. Age group of Women at Marriage with number of First Child Birth.

Age group of women at marriage	No. of married women		Age of women at first child birth	No. of women at First child birth	
	No of women	%		No. of women	%
< 16	-----	-----	< 16	-----	-----
16 – 17	11	13.09	16 – 17	05	5.95
18 - 19	23	27.38	18 - 19	14	16.67
20 – 21	19	22.62	20 – 21	25	29.76
22 – 23	15	17.86	22 – 23	19	22.62
24 – 25	11	13.09	24 – 25	15	17.86
26 – 27	03	3.57	26 – 27	02	02.38
28 – 29	01	1.19	28 – 29	02	02.38
30 - *More	01	1.19	30 - *More	02	02.38
Total	84	99.99		84	100%

*More = Women up child bearing age. Source:- Data collected by authors

Table No – 2. Present Age of Women with Mean number of ever born children.

Age group of ever married women	No. of Women	No. of Childs	Mean No. of Children Ever Born
< 16	-----	-----	-----
16 – 17	-----	-----	-----
18 - 19	01	01	01
20 – 21	06	06	01
22 – 23	06	12	2.0
24 – 25	08	15	1.88
26 – 27	06	13	2.17
28 – 29	07	17	2.43
30 – 31	11	30	2.73
32 – 33	04	13	3.3
34 – 35	09	42	4.67
36 – 37	02	06	3.0
38 – 39	02	12	6.0
40 – 41	07	27	3.86
42 – 43	02	10	5.0
44 – 45	04	18	4.5
46 - *More	09	38	4.22
Total	84	260	47.76
Mean			3.2

*More = Women up child bearing age.

Source:- Data collected by authors

Table No – 3. Knowledge and Awareness of mothers giving breast feeding to their children in the light of Holy Quran.

Name of City	Knowledge and Awareness		No Knowledge and Awareness		Grand Total
	No. of women	%	No. of women	%	
SUKKUR	36	85.71	06	14.29	42
KHAIRPUR	39	92.86	03	7.14	42
TOTAL	75	89.29	09	10.72	84

Source:- Data collected by authors.

Table No – 4. Distribution of Mothers who are literate or illiterate Holy Quran.

NAME OF CITY	LITERATE HOLY QURAN		ILLITERATE HOLY QURAN	
	No of women	%	No. of women	%
SUKKUR	33	78.57	09	21.43
KHAIRPUR	36	85.71	06	14.29
TOTAL	69	82.14	15	17.86

Source:- Data collected by authors.

Table No-5. Trend of Mothers giving Breast milk to their children according to period wise.

Name of City	SIX MONTH AGE		ONE YEAR AGE		TWO YEARS AGE	
	No. of women	%	No. of women	%	No. of women	%
SUKKUR	01	2.38	16	38.10	25	59.52
KHAIRPUR	01	2.38	14	33.33	27	64.29
TOTAL	02	2.38	30	35.71	52	61.90

Source:- Data collected by authors.

Table No – 6. Distribution of Mothers according to literacy other than Holy Quran.

NAME OF CITY	LITERATE WOMEN						Total Literate %		ILLITERATE WOMEN	
	PRIMAR		UNDER MATRIC OR MATRIC		OTHER EDUCATION				ILLITERATE	
	No of Women	%	No of Women	%	No of Women	%	No of Women	%		
SUKKUR	08	19.05	08	19.05	06	14.29	22	52.38	20	47.62
KHAIRPUR	15	35.71	10	23.81	08	19.05	33	78.57	09	21.43
GRAND TOTAL	23	27.38	18	21.43	14	16.67	55	65.48	29	34.52

Other education means Higher than matric and technical/professional education

Source:- Data collected by authors.

Table No – 7. Distribution of mothers by Urban and Rural by Birth

Name of City	Urban women		Rural Women		Total
	No. of women	%	No. of women	%	
SUKKUR	21	50.0	21	50.0	42
KHAIRPUR	20	47.62	22	52.38	42
TOTAL	41	48.81	43	51.19	84

Source:- Data collected by authors.

Table No – 8. World’s Ten Most Populous Countries 2015.

S. No.	Country	Population
1	CHINA	1,371,080,000
2	INDIA	1,274,490,000
3	UNITED STATES	321,457,000
4	INDONESIA	255,461,700
5	BRAZIL	204,638,000
6	PAKISTAN	190,412,000
7	NIGERIA	183,523,000
8	BANGLADESH	15,8718,000
9	RUSSIA	146,524,812
10	JAPAN	126,890,000

Source:- US Census Bureau International Data base